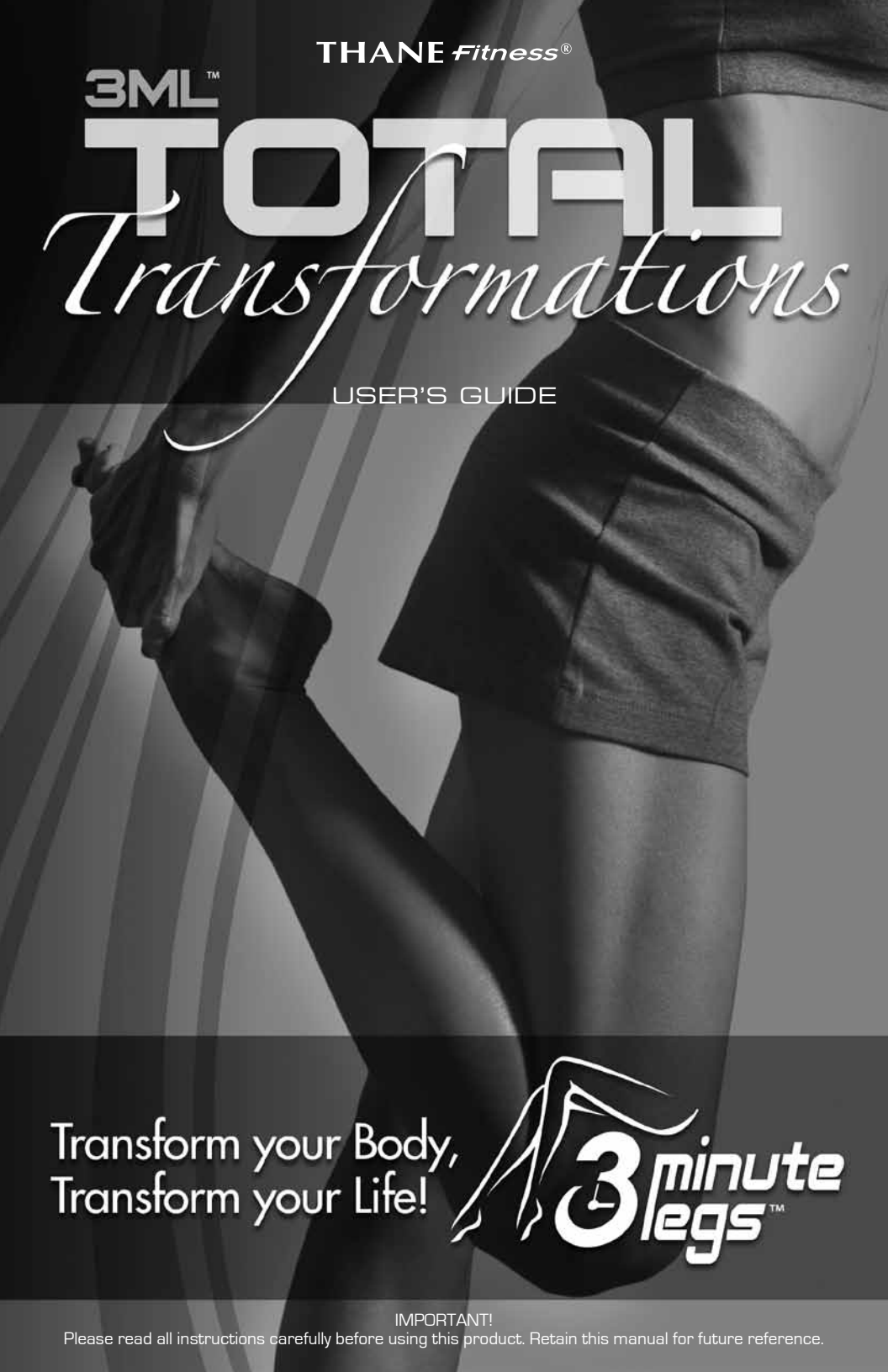
THANE *Fitness*®

3ML™ TOTAL *Transformations*

USER'S GUIDE



Transform your Body,
Transform your Life!

3 minute legs™

IMPORTANT!
Please read all instructions carefully before using this product. Retain this manual for future reference.

TABLE OF CONTENTS

WELCOME 1
IMPORTANT SAFETY NOTICE 2
EXPLODED VIEW 3
DELUXE EXPLODED VIEW 4
PART LIST 5
ASSEMBLY 6 - 8
3 MINUTE LEGS™ MAINTENANCE & CLEANING 8
OPTIONAL ACCESSORIES 9 - 11

3 MINUTE LEGS™ TOTAL TRANSFORMATIONS™

BEFORE YOU BEGIN 13
SAMPLE WORKOUTS 14 - 17
USING 3 MINUTE LEGS™ OPTIONAL ACCESSORIES 18

3 MINUTE LEGS™ ACCELERATED RESULTS

THE 4-WEEK TOTAL BODY TRANSFORMATION PLAN 20
SAMPLE 4-WEEK TOTAL BODY TRANSFORMATION WORKOUT PLAN 21
RPE SCALE 21
STRETCHES 22

3 MINUTE LEGS™ TOTALLY TASTY

THE 4-WEEK FAT-LOSS DIET PLAN 24 - 26
SAMPLE MEALS 27
WEEK 1 28
WEEK 2 29
WEEK 3 30
WEEK 4 31
SET YOURSELF UP FOR SUCCESS 32 -33
PERSONAL MAINTENANCE AND MOTIVATION 33 - 34
FAQ's 35

USER'S GUIDE

THANE Fitness®

NOTES

NOTES

WELCOME

CONGRATULATIONS ON YOUR 3 MINUTE LEGS™ PURCHASE!

It's so hard to begin a new program of exercise, but you've already taken the first step toward a healthier you by just picking up the phone and ordering your Product! With your 3 MINUTE LEGS™ system, you'll easily lose weight, trim trouble spots and strengthen your lower body in only a few short weeks. Just minutes a day will get you the legs you've always dreamed of but never had the power to achieve.

WHAT IS 3 MINUTE LEGS™ ALL ABOUT?

3 MINUTE LEGS™ is the ultimate lower body reduction system. Using our patent pending 3 MINUTE LEGS™ machine you'll squat and lunge your way toward a tighter, leaner physique in just three minutes a day! This innovative product provides guided,
semi-supported assistance during exercise to new and inexperienced users, as well as to inexperienced users with knee, ankle or hip problems that cause weakness or instability in the lower body. In no time at all, you'll be tighter, leaner and shapelier than ever!
Use your 3 MINUTE LEGS™ machine in conjunction with the 4-Week Total Body Transformation Program and you're nearly guaranteed success!
This step-by-step plan guides you through a month of workouts and nutrition, getting you the best results possible in the shortest amount of time.

SO ARE YOU READY TO ROCK? LET'S BEGIN!

IMPORTANT SAFETY NOTICE

Please read and follow this instructional guide completely before using your 3 MINUTE LEGS™.
Keep this guide in a safe place and make sure everyone who uses the 3 MINUTE LEGS™ machine also reads this guide. Have a safe and enjoyable workout. Parents should be aware of their responsibility with respect to their children's natural play instinct. This can cause situations in which the product can be used for other purposes than intended.

Please consult with your doctor before you commence with training program or any other. Your doctor should support you in ascertaining your target heart rate, as determined by your age and physical fitness. Certain training programs and types of exercise equipment may not be suitable for everyone. This is particularly important to those individuals over 35, pregnant women and individuals with existing health problems or programs with balance. If you take medication which affects your heart rate, you must seek medical advice from your doctor.

⚠ PRECAUTIONS:

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. This product has been tested in accordance with the requirements of EN 957-1, class H (home use). THE MAXIMUM WEIGHT CAPACITY OF THE 3 MINUTE LEGS™ MACHINE IS 275 LBS (125 kg). Persons whose body weight exceeds this limit should NOT use this machine.
2. Carefully inspect the equipment prior to EVERY use. Never work with the device if it is not functioning correctly.
3. Use this equipment EXCLUSIVELY for the purpose intended and described in these user instructions. Do not alter the equipment and only use those accessories which have been recommended by the manufacturer.
4. Ensure that sufficient free space is available in front of and behind the equipment. It is important that pets, furniture and other objects are kept away from the equipment during its use.
   You should retain at least 2-3 meters (6.5-10 feet) of space in front of and behind the equipment.
5. THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. In order to avoid injuries, keep this and all other fitness equipment out of the reach of children.
6. Handicapped or disabled persons should not use the 3 MINUTE LEGS™ machine without the presence of a qualified health professional or physician.
7. Position the 3 MINUTE LEGS™ machine on a clear, level surface. Always place a double-sided non-slip floor covering mat under the 3 MINUTE LEGS™ to help keep the machine stable and to protect flooring. Note: The 3 MINUTE LEGS™ machine should not be pushed across delicate floor coverings (laminate, parquet, plush carpet, etc.) in order to avoid damage. It is recommended that you check the use instructions of the floor manufacturer to ensure suitability and durability of the floor surface for the pressure caused by rotating wheels of the 3 MINUTE LEGS™ machine.
8. Do not place any sharp object around the machine.
9. Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement. Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes or trainers.
10. Keep hands away from all moving parts.
11. Always warm up before each training session by undertaking exercises.
12. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
13. NEVER operate the 3 MINUTE LEGS™ machine if it is not functioning properly.
14. Tighten all bolts on a regular basis.
15. Be sure that the legs of the machine and the Depth Control Cable are securely locked.
16. Always follow the correct exercising procedure as outlined in this guide when using the 3 MINUTE LEGS™ machine.
17. Always choose the proper intensity level that best suits your physical strength and flexibility levels. Know your limits and train within them. Always use common sense when exercising.
18. Begin slowly and get used to the unique movement of the 3 MINUTE LEGS™ machine prior to starting your routine.
19. To avoid serious injury, never place any part of your body between or near any moving parts.
20. Do not operate this or any other piece of exercise equipment if it is damaged.
21. DO NOT use any other accessories not recommended by the manufacturer.
22. Only one person at a time should use the 3 MINUTE LEGS™ machine.
23. This is NOT a stool. Use ONLY for the exercises described in the User's Manual.

SAVE THESE INSTRUCTIONS

FAQ'S

Question: Why should I squat instead of take a walk?
Answer: Ideally you should be doing both. Walking is aerobic in nature, meaning it burns body fat while conditioning your heart, lungs and muscles. Squatting, lunging and other resistance training burns calories and fat while building lean muscle tissue, which elevates your metabolism, even at rest, giving you the tone and sleek shape you've always desired. So do your strength training to give your muscles shape and do your cardio to burn off the fat on top of them so you can show them off!

Question: How do I lose weight in my belly (or hips, butt, thighs, waist)
Answer: Unfortunately there is no such thing as spot reduction. Your body removes body fat at an even rate from all over, and unfortunately the places you have the most of it will usually be the last places you lose it. But don't worry – you can lose it!
However, the 3 MINUTE LEGS™ machine is great for sculpting the muscles in your legs, buns and thighs to help you get that beautiful defined look. For the best results, follow the 3 MINUTE LEGS™ Total Body Transformation Plan closely to lose the most body fat in the least amount of time. And remember:
Be patient achieving the best results takes dedication and commitment.

Question: Can I skip meals?
Answer: Short answer: No. Starving yourself and cutting calories is the wrong way to go about losing weight. When you drastically restrict your caloric intake (below 1200 calories a day) your metabolism slams on the brakes and goes into fat-storage mode. Keep your calories in the 1200-1500 range to optimize your success potential.

Question: Can I do 3 MINUTE LEGS™ for more than three minutes?
Answer: Of course! Experiment with different squat and lunge combinations, as well as varied arm positions and exercises for a killer workout head to toe. For even better results, you can exercise more than once a day.

Question: Can fat turn into muscle?
Answer: Although it might seem like that is what is happening, your body doesn't work that way since fat and muscle are two totally different things. When you begin strength training, you will likely gain muscle at the same time as you are burning fat, so yes, one is replacing the other in your body, but neither is 'becoming' the other one, so to speak.

Question: I have been at this for a few weeks, and am not losing any weight – what gives?
Answer: Do your clothes fit differently? Do you look and feel tighter in your legs, hips and waist? Then you are probably gaining muscle and losing fat simultaneously. Muscle is tighter and denser than fat, and though you are not losing pounds on the scale, you're losing inches all over. Think of it this way: a pound of lead (muscle) fits in the palm of your hand while a pound of cotton balls (fat) could fill a bathtub. Which one takes up less space? Muscle. Therefore, as you lose inches, you're getting smaller, tighter and leaner, which means you're losing a lot of fat. But since you're simultaneously replacing it with denser, heavier muscle, you're not losing scale weight even though you're getting smaller. For now, go by how your clothes fit and how you look rather than your scale weight. Weigh yourself no more than once a week to avoid getting discouraged. Eventually your scale weight will catch up with your progress, we promise!

Question: I'm sore – is this normal?
Answer: Yes. It's totally normal to feel sore or stiff after your workouts, especially if you've been sedentary for a long while.
Take some extra time to stretch during the day or take a hot bath and relax if you're feeling sore. If you are excessively sore, take a few days off to recover. Take a slow walk and get the blood flowing without too much exertion and stretch your sore muscles thoroughly. If your pain is sharp and/or relentless, however, take a trip to the physician to make sure it's not a more serious problem.

Question: Where does alcohol fit into my nutrition plan?
Answer: Alcohol is an entity unto itself, as it doesn't fit neatly into any particular nutrient category. But all you really have to know is that it contains a lot of calories that provide little nutritional value to your body, and can contribute to weight gain, a slower metabolism and fatty deposits in the liver. If you're really striving for optimal weight loss, keep your tippling to no more than one or two alcoholic drinks per week.

PERSONAL MAINTENANCE AND MOTIVATION

Maintaining Momentum

Even the most dedicated exercisers get bored once in a while. Here are some tips on staying motivated with your new lifestyle:

Buddy up. One of the best ways to stick to a program is to get a workout buddy who makes you accountable. Let's face it: you're more likely to get up early to go to the park knowing your buddy is waiting there for you to work out. Enlist a friend, family member, or loved one to train with you, and show them how great it is to feel fit and healthy!

Keep learning. Subscribe to a health or fitness magazine for new exercise ideas, healthy recipes and workout tips, or read up online about activities and healthy subjects that interest you, such as healthy cooking, bicycle racing, or great active vacations.

Join a gym. There are tons of fitness centers in your area, and many of them have free trial memberships. Check out a few nearby and see if one might fit your schedule, personality and lifestyle. Ask if the club has any discount promotions coming up to get the best deal possible.

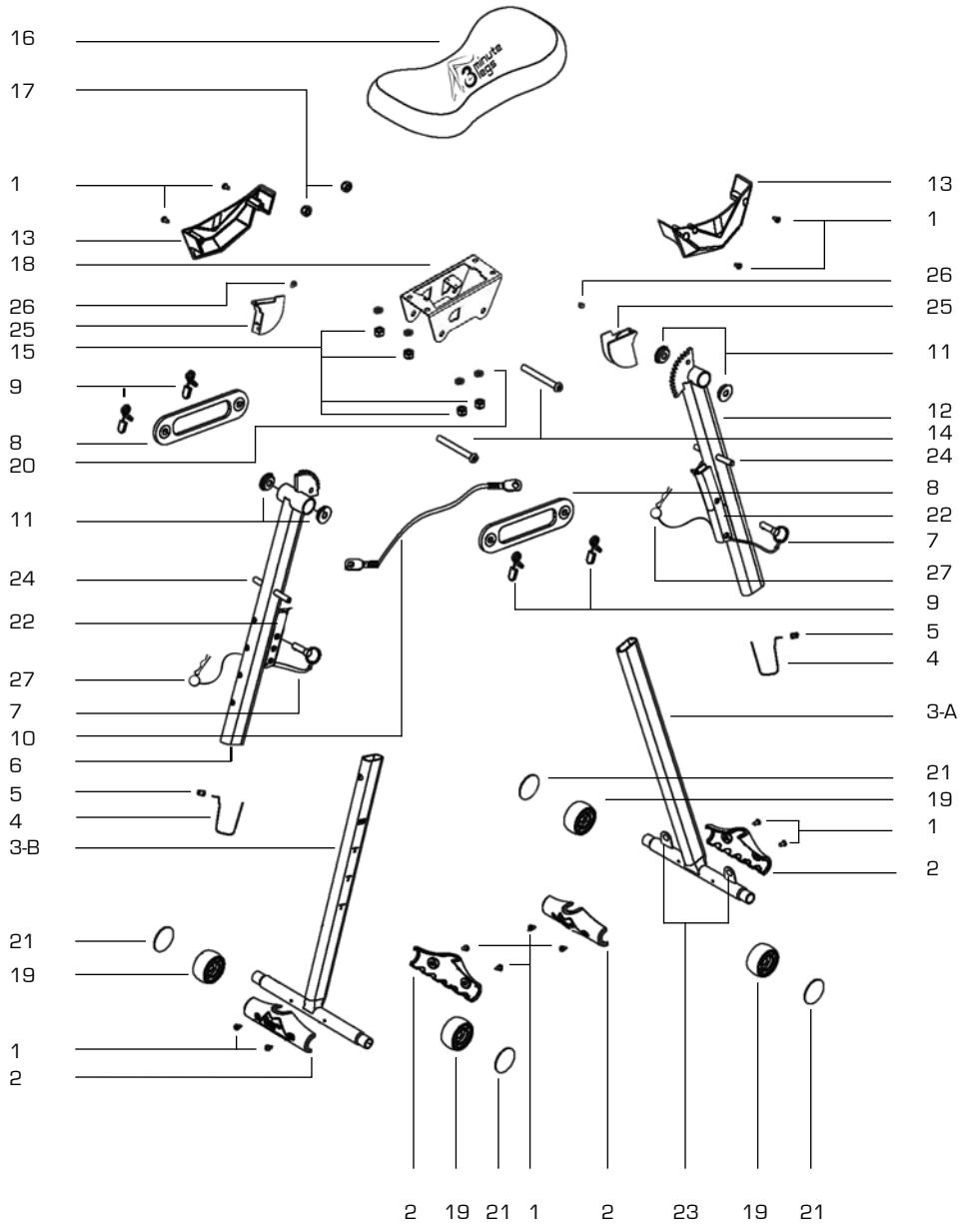
Join a group. Nearly every community has free clubs, leagues or groups that get together and walk, hike, bike, run or dance. Check with your local parks and recreation center or look in your local paper to see who is active in your area.
And if there isn't an existing group, start one yourself!

Pay it forward. Nothing is more rewarding than sharing your knowledge and positive exercise experience with others. Speak at your kids' school about the importance of healthy living, or start your own workout group to help others achieve what you have and impart what you now know in a positive way.

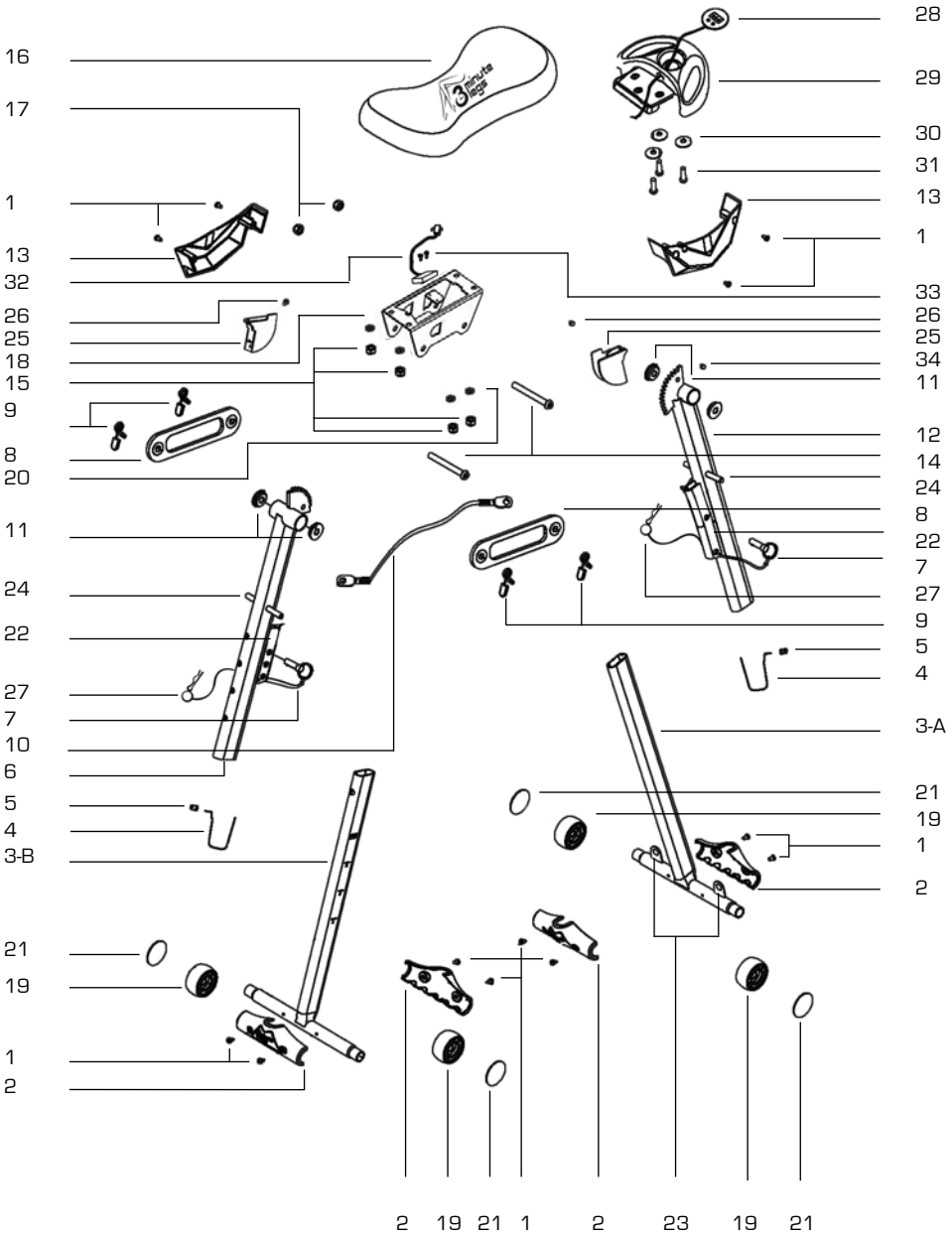
Your Future is Bright!

You have done an incredible job and should be really proud of yourself! You now have all the tools you need to live a fit and healthy lifestyle. We sincerely hope you continue to better yourselves physically and mentally, and through exercise find ways to empower yourself and improve your life for years to come!

EXPLODED VIEW



DELUXE MODEL EXPLODED VIEW



SET YOURSELF UP FOR SUCCESS

- If you must have a dessert (and sometimes you just do!) get one for the whole table to share. If possible, go for the lower calorie options such as sorbet or fruit.
- If your food does not come out prepared as requested, send it back – politely – and have it made to your specifications. You're paying for it, both with your health and your credit card!

Sweets and Desserts

Remember that talk we had about sugar and trans- and saturated fats? Unfortunately most desserts worth a darn contain all those bad boys. Here are some tips on that front:

- Go for homemade treats. Processed packaged cookies, cakes and other treats contain tons of bad fats and preservatives.
- Stop eating it if it's not great. Why waste calories on a so-so treat?
- Eat it slowly, savor the flavor and make the most of every bite.
- Give up the guilt. Eat your treat happily and relish the enjoyment you get from it.
- Stop when you should. One cookie and a few bites of cake is all you need to satisfy a craving.
- If you can't stop, pop a piece of strong peppermint gum in your mouth after a few bites. That flavor kills just about every urge you have to nosh on more treats.
- Remember that treats are treats - not food staples. Eat them only occasionally, not every day.

PERSONAL MAINTENANCE AND MOTIVATION

If you're reading this section – congratulations! You've completed your 3 MINUTE LEGS™ and 4 Week Total Body Transformation program! How do you feel? We hope you're inspired by your results and are motivated to continue losing fat and getting healthy.

Keeping it up!

You might be thinking – what now? The short answer is – keep it up! Reevaluate your progress and set new goals. What was the goal you set for yourself at the inception of this program? Did you reach it? If you did, congratulations! If you didn't, was it realistic? If it wasn't, reformulate it and set another goal for yourself to attain. Refer to page (32) to remind yourself how to set and
achievable and realistic goal.

Rewards

Every goal achieved deserves a reward! But make sure your rewards are not food-related. Instead, give yourself nice treats that inspire and encourage you in your new, healthy lifestyle. For your short term goals, reward yourself with things like a new music download purchase, or a half-hour bubble bath. When you've achieved your long term goal, go crazy with yourself! Have a day at the spa, buy a new pair of shoes or purchase a new bikini to show off your new bod!

Managing the Hiccups

Face, it – life happens. Whether your kids get sick, you have to work late or your car breaks down, things happen that keep you from working out. The trick is to get right back into it as soon as you can without giving up or getting discouraged. Remember to make fitness a priority and schedule time to work out every day. Remind yourself of your intentions, and get back into the swing of things immediately to minimize progress setbacks.

The same goes for food: everyone at one time or another falls off the diet bandwagon. It's actually pretty easy to do, especially around the holidays or big get-togethers like birthdays or anniversaries. The key here is to plan ahead for predictable wobbles in your eating. Do a little extra exercise the week before a holiday, or eat a full meal before going to a party so you're not starving when you get there. And remember: if you do overindulge, it's not the end of the world. One overboard meal is not going to ruin all your hard work. You have control over your destiny! Get right back onto your program the next day and move forward.

SET YOURSELF UP FOR SUCCESS

Set your goal!

One of the best ways to stay accountable to a program is to set realistic goals. This gives you something to strive for, an attainable end to your hard work.

What is a realistic goal?

Realistic goals are achievable aspirations to be completed in a set duration of time. For example: "I want to lose 50 pounds in a month for my high school reunion" is not a realistic goal. Chances are you'll fall quite short of this goal, and will feel a sense of failure rather than success because your goal was impossible. But check this one out instead: "I will lose 1-2 pounds a week through healthy eating and consistent exercise, and will look and feel fabulous in two months for my high school reunion." That sounds better, and much more positive. This is a goal that can be achieved.

Design a long-term goal that is realistic, then write it on a big piece of paper. Post it on your fridge, on your bathroom mirror, in the hallway – anywhere you'll see it several times a day to remind you of your intention. Now set several smaller short-term goals that will help you attain this goal. These can be set once a week or every day, depending on your personality. For example, one week your goal could be learning to do squat variations correctly on your 3 MINUTE LEGS™ machine. Your daily goals could be mastering each of these variations, such as: Monday learn the Plié, Tuesday the Hindu, and so on. See how that works? It can also work for nutrition: Your weekly goal could be to eat more frequently. Your daily goal could be to set a timer on your computer or phone to ring when it's time to eat.

Journaling

A great way to track your progress and stick to your plan is to keep a journal. For each entry, inscribe these things:

- What did you do for a workout? 3 MINUTE LEGS™? Cardio? Upper body?
- How long was your workout?
- How did you feel before and after your workout? Tired? Energized?
- What did you eat today?
- How did you feel before and after eating? Hungry? Satisfied? Full?
- How do you feel about your eating today? Guilty? Great?
- Did you eat on time, or miss any meals?
- If you strayed, what happened and how can you remedy that in the future?
- What was your mood today? Were you happy, edgy or blue?

All these questions can help determine your reactions both physical and mental to your program, and when you review them, you might notice patterns emerging. For instance, you might always crave chips or chocolate when you're emotional, even if you're not hungry, or maybe you're tired before you exercise but energized afterwards. Identifying these patterns can help you see through roadblocks and get you back on the path to fitness.

Dining Dangers

Dining out is troublesome for many people because they feel like they are not in control of their food. Here are some ways to take control of your dining experience while still enjoying a night out:

- Choose a restaurant that you know serves healthy dishes.
- Ask your server not to bring bread and butter to the table.
- Request that any sauces, condiments, and dressings be put on the side.
- Order an appetizer as your entrée.
- Request that your food be prepared with no oil or butter.
- Ask for your entrée to be grilled or broiled instead of sautéed or fried.
- As soon as your entrée comes, put half of it into a to-go box. Eat whatever is left on your plate and save the rest for lunch tomorrow.
- Order a side salad or fresh steamed vegetables as a substitute for a starchy side.
- If you've having a glass of wine or a cocktail, forego the starch in your meal to accommodate those calories.
- For every alcoholic beverage you have, drink one 8-ounce glass of water.
- When choosing a cocktail, go for lighter options such as vodka and seltzer or a martini straight up instead of a strawberry margarita or a gin and tonic.

PART LIST

NO.	Name	Spec	Qty(pcs)
1	Screw	ST4.2*13mm 1/8*4/8in	12
2	Foot tube cover	40*20mm 1-5/8*6/8in	4
3-A	Bottom leg tube (front)		1
3-B	Bottom leg tube (back)		1
4	Adjustment Button Spring		2
5	Adjustment Button		2
6	Upper leg tube (back)		1
7	Depth Control Cable Pin with String	φ8*18mm 6/8in	2
8	Support band	5LBS/2kg	2
9	Support band clip	Φ1.5mm	4
10	Depth Control Cable	Φ6mm	1
11	Axle bushing	Φ25*8.2*6.5mm 2/8in	4
12	Upper leg tube (front)		1
13	Seat cover	160*76*50mm 6-2/8*3*2in	2
14	Bolt	M8*68	2
15	Nut	M6	7
16	Seat	314*151*71mm 12-3/8*6*2-5/8in	1
17	Nut	M8	2
18	Steel part of seat		1
19	Wheel	Φ46*22mm 7/8in	4
20	Flat washer	M6	4
21	Sticker		4
22	Depth Control Base		2
23	Hooks		4
24	Support Band Pins		2
25	Finger protecting plastic cover	45*46*15.5	2
26	Screw for protecting plastic cover	ST4.2*13mm	2
27	safety Lock		2

HANDLE & TIMER/COUNTER PART LIST (OPTIONAL ITEMS)

28	Timer/Counter	LT9350	1
29	Handle	138*156*55mm 5-3/8*6-1/8*2-1/8in	1
30	Flat washer	φ6*φ12*1.5	3
31	Bolt	M6*28	3
32	Sensor with wire		1
33	Screw	ST2.9*6	2
34	Magnet	Φ6*4	1
35	Hex (Allen) key	5mm	1

ASSEMBLY

Important:

When assembling the equipment, ensure that the floor is covered and protected.

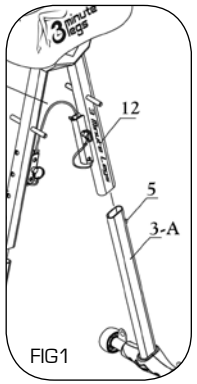


FIG1

Step 1: ASSEMBLY

Locate the front bottom leg (part #3-A) and the front upper leg (part #12).
Note: The front bottom leg (part #3-A) has two hooks on the horizontal bar and it is marked with "Front" sticker.
The front upper leg tube (part #12) carries the 3 MINUTE LEGS™ logo (FIG1). Attach the front bottom leg tube (part #3-A) to the upper front leg tube (part #12) then attach the back bottom leg tube (part #3-B) to the upper back leg tube (part #6) (FIG2). Make sure that you connect the lower legs with the upper legs in such a way that the adjustment buttons (part #5) on the lower legs are aligned with holes on the upper legs and the adjustment buttons pops up when the legs are fully assembled.

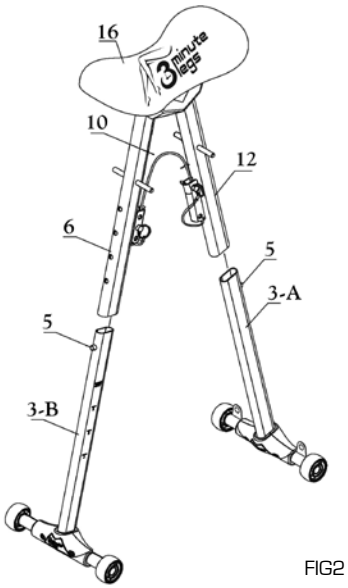


FIG2

The legs on your 3 MINUTE LEGS™ machine are fully adjustable to four different heights.
To adjust the height of the legs, simply push in the adjustment buttons on the leg to extend or retract it smoothly. When you've reached the desired height, the buttons should pop into place and you're ready to roll!

SAFETY NOTE: Make sure that both legs are the same length and that the adjustment buttons on the legs are securely locked in place before using the 3 MINUTE LEGS™ machine.

Assembly is finished FIG3.

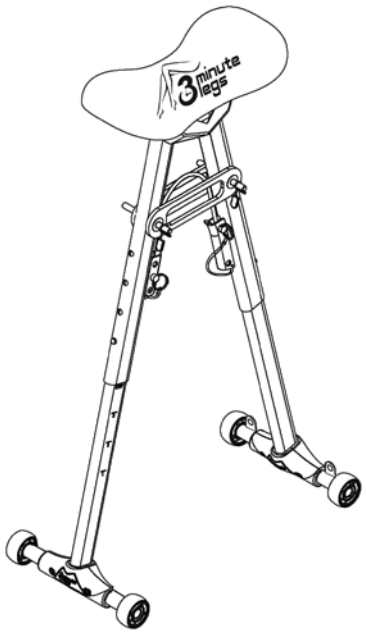


FIG3

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK		• 1 peach or medium apple • ½ cup low-fat cottage cheese (140)					
BREAKFAST	• Peanut butter raisin oatmeal (285)	• Pita Egg sandwich (330)	• Grapefruit and cheese (200)	• Eggs 'n' toast • fruit (320)	• Raisin Oatmeal (285)	• Smoothie (300)	• Eggs and oatmeal (310)
SNACK	• 2 whole grain Wasa cracker • 2 wedge Laughing Cow cheese • tomato (170)	• 22 whole, dry roasted or raw almonds (160)	• 2 hardboiled eggs (160)	• ½ cup sliced berries • ½ cup light yogurt, plain (130)	• 1 peach or medium apple + ½ cup low-fat cottage cheese (140)	• ½ cup fat-free cottage cheese • 1 tbsp sugar free jam • ½ cup bran cereal (140)	• 2 whole grain Wasa cracker • 2 wedge Laughing Cow cheese • tomato (170)
LUNCH	• Burrito • fruit (350)	• Chef salad • 2 Wasa crackers (300)	• Turkey Pita Sandwich • fruit (360)	• Tuna salad • ½ baked yam (330)	• Chicken or beef kabob • rice • salad (350)	• Chicken pasta marinara (360)	• Ham Pita Sandwich • fruit (360)
SNACK	• 14 baby carrots • ¼ cup hummus (160)	• 1 medium plum • 1 piece light sting cheese (100)	• 6 celery stalks • 2 tbsp reduced fat peanut butter (190)	• ¼ cup raw cashews • 4 celery sticks • 4 carrot sticks (210)	• 1 medium plum • 1 piece light sting cheese (100)	• 22 whole, dry roasted or raw almonds (160)	• 14 baby carrots • ¼ cup hummus (160)
DINNER	• Turkey Fiesta salad (300) Extra: 6 oz light yogurt with two strawberries (100)	• White fish and Veg (320) *Extra: 1 tbsp reduced fat peanut butter (85)	• Cajun Shrimp • fruit (320) *Extra: 5 baby carrots with 1 tbsp light ranch dressing (60)	• Spaghetti squash and meat sauce (280) *Extra: 1 tbsp reduced fat peanut butter (80)	• Turkey Fiesta Salad (300)	• Chicken stir fry (270) *Extra: 1 medium fruit (80)	• Spaghetti squash and meat sauce • veg (280) *Extra: 6 oz light yogurt with two strawberries (100)
SNACK					• ½ cup edamame (120)		
Calorie Total	*1265 + extra: 1365*	*1350 + extra: 1435*	*1230 + extra: 1290*	*1270 + extra: 1350*	*1295*	*1230 + extra: 1310*	*1280 + extra: 1380*

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK				• 1 medium apple • 2 tbsp reduced fat peanut butter (245)			
BREAKFAST	• Eggs 'n' Toast • fruit (320)	• Egg white omelet • fruit • toast (260)	• Pita Egg sandwich (330)	• Fruit and crunch yogurt (220)	• Raisin Oatmeal (285 cal)	• Egg white omelet • fruit • toast (260)	• Eggs and oatmeal (310)
SNACK	• ½ cup fat-free cottage cheese • 1 tbsp sugar free jam • ½ cup bran cereal (140)	• 1 Balance Bar (200)	• 14 baby carrots • ¼ cup hummus (160)	• 1 peach or medium apple • ½ cup low-fat cottage cheese (140)	• ½ cup fat-free cottage cheese • 1 tbsp sugar free jam • ½ cup bran cereal (140)	• ½ cup sliced berries • ½ cup light yogurt, plain (130)	• 22 whole, dry roasted or raw almonds (160)
LUNCH	• Chef salad • roll (300)	• Chicken rice bowl (300)	• Chicken pasta marinara (360)	• Chicken Burrito • fruit (350)	• Tuna salad • ½ baked yam (330)	• Beef Burger • salad (350)	• Chicken rice bowl (300)
SNACK	• ¼ cup raw cashews • 4 celery sticks • 4 carrot sticks (210)	• 6 celery stalks • 2 tbsp reduced fat peanut butter (190)	• ½ cup sliced berries • ½ cup light yogurt, plain (130)	• 2 hardboiled eggs (160)	• 2 whole grain Wasa cracker • 2 wedge Laughing Cow cheese • tomato (170)	• 1 medium apple • 2 tbsp reduced fat peanut butter (245)	• 1 peach or medium apple • ½ cup low-fat cottage cheese (140)
DINNER	• Steak and Veg • fruit (280)	• Spaghetti squash with meat sauce • veg (280) *Extra: ½ cup blueberries (40)	• Fish and Veg (290) *Extra: 3 slices deli turkey with mustard (50)	• Chicken and veg • salad • fruit (220) *Extra: 11 raw almonds (80)	• Steak stir fry (270) *Extra: 1 medium fruit (80)	• Salmon Salad (240) *Extra: 1 light string cheese (60)	• Steak and Veg • fruit (280)
SNACK	• 1 medium plum • 1 piece light sting cheese (100)						• ¼ cup raw cashews • 4 celery sticks • 4 carrot sticks (210)
Calorie Total	*1350*	*1230* *+ extra: 1270*	*1270* *+ extra: 1320*	*1335* *+ extra: 1415*	*1195* *+ extra: 1275*	*1225* *+ extra: 1285*	*1400*

ASSEMBLY

Step 2: ADJUSTMENTS

A. Adjust the legs for you

The seat of your 3 MINUTE LEGS™ machine should fit snugly between your legs.
To see if your machine is set correctly, straddle the seat.
How does it feel? If there is a significant gap between you and the seat – more than 1-2 inches - make the legs of your machine longer. If you're on your tip-toes, make the legs shorter.

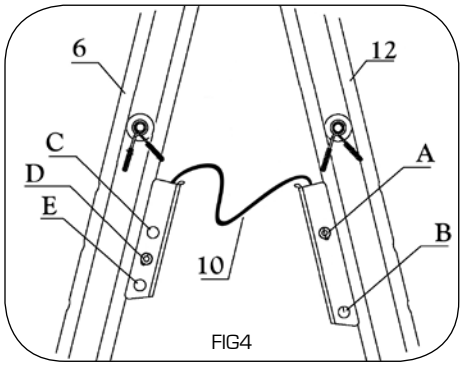


FIG4

B. Depth Control Cable & Pins

The Depth Control Cable will come pre-assembled on the lowest depth, B-E.
The Depth Control has 6 different positions A-C; A-D; A-E; B-C; B-D; B-E. as illustrated in FIG4.

Adjust the Depth Control for you

If you have knee, hip or ankle problems, or are severely out of shape physically or overweight, keep your Depth Control Cable to the lowest (B-E) (closest to the floor) setting on the machine.
This setting will arrest the downward motion of the machine sooner, stopping your descent before your joints are compromised, and making it easier to stand back up. If you are more capable or don't have knee, hip or ankle issues, begin with the Depth Control Cable on the lowest setting and adjust it according to your ability. As you get stronger, progressively move the Depth Control Cable up to the higher settings. The higher the Cable, the deeper you can go into your squats and lunges, engaging your muscles more thoroughly and getting you the results you want.

To Adjust the Depth Control Cable

Remove the safety lock (part #27) from the Depth Control Pin, take the Depth Control Pin (part #7) out from the base.
The Depth Control Cable (part #10) is released now.
Place one end of the Depth Control Cable inside the desired position (A or B) and insert the Depth Control Pin into the designated position and secure it with the Safety Lock as illustrated in FIG5.
Do the same on the other side, (position C or D or E).

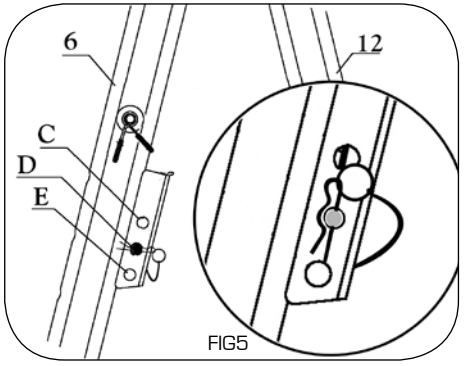


FIG5

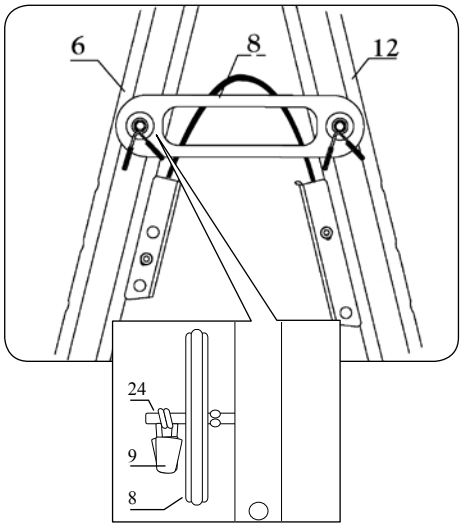
Warring:
Always make sure that the Depth Control Cable is correctly secured in place with the Depth Control Pin and the Safety Lock is properly engaged.

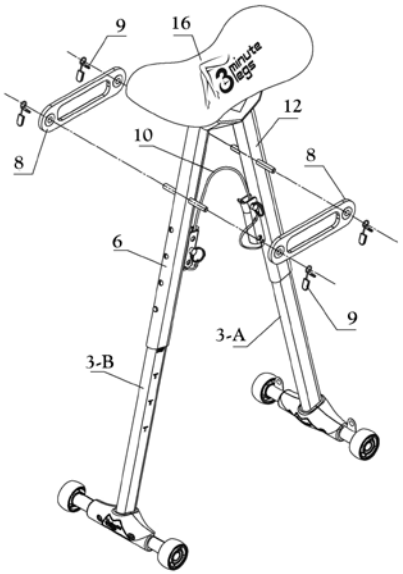
ASSEMBLY

C. Support Bands
Your 3 MINUTE LEGS™ machine comes with two assembled 5-pound Support Bands.

Adjust the Support Bands for you
Although it sounds counterintuitive, the more resistance there is, the more support the machine provides and the less strenuous the exercise will be. Some people will need stronger Support Bands, others will only need lighter Support Bands.

As you get stronger and need more of a challenge, you may want to purchase additional Support Bands that offer less assistance making the workout more challenging. These are offered in 3.5-pound and 2.5-pound.
Using lighter Support Bands will put more of the workload on your body and less on the machine, making your muscles work harder, burning more calories and getting you the best results possible in the shortest amount of time.





To remove the Support Band(s)

A. Press clip wings to release and remove the Support Band Clip (part #9). Remove the Sup port Band.

B. To install the Support Bands.
Slip the Bands onto the Support Band Pins (part #24) on either side of your machine. Secure the Bands in place with the Support Band Clips (part #9).

3 MINUTE LEGS™ MAINTENANCE & CLEANING

To maintain the high quality standard of this product, check all screw connections and ensure that moving parts are properly fitted on a regular basis. Damaged parts have to be changed immediately. During the time of repair the product must not be used by anybody. Do clean your equipment with non-caustic detergents. Use a soft cloth for drying after cleaning.

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK		• 1 whole grain Wasa cracker • 1 wedge Laughing Cow cheese • tomato (85)					
BREAKFAST	• Smoothie (300)	• Cereal • fruit (285)	• Egg white omelet • fruit and toast (260)	• Raisin oatmeal (285 cal)	• Pita Egg sandwich (330)	• Fruit and Crunch yogurt (220)	• Cereal and fruit (285)
SNACK	• 1 Plum • 1 piece string cheese (100)	• ½ cup sliced berries • ½ cup light yogurt, plain (130)	• 1 medium apple • 2 tbsp reduced fat peanut butter (245)	• ½ cup fat-free cottage cheese • 1 tbsp sugar free jam • ½ cup bran cereal (140)	• 1 peach or medium apple • ½ cup low-fat cottage cheese (140)	• 2 hardboiled eggs (160)	• 6 celery stalks • 2 tbsp reduced fat peanut butter (190)
LUNCH	• Pita roast beef sandwich • fruit (360)	• Steak burrito • fruit (350)	• Tuna salad • ½ yam (330)	• Chicken kabob • rice • salad (350)	• Turkey Burger • salad (350)	• Pasta Marinara with shrimp (360)	• Pita Ham Sandwich • fruit (360)
SNACK	• 14 baby carrots • ¼ cup hummus (160)	• 6 celery stalks • 2 tbsp reduced fat peanut butter (190)	• ½ cup edamame (120)	• 1 Balance Bar (200)	• 22 whole, dry roasted or raw almonds (160)	• ¼ cup raw cashews • 4 celery sticks • 4 carrot sticks (210)	• 14 baby carrots • ¼ cup hummus (160)
DINNER	• Cajun Shrimp • veg and fruit (320) *Extra: 1 slice avocado, 1 slice tomato, 1 Wasa cracker (70)	• Salmon salad (240) *Extra: 1 medium fruit (80)	• Chicken stir fry (270) *Extra: 6 oz light yogurt with 2 strawberries (100)	• Turkey Fiesta salad (300)	• White fish • veg (320) *Extra: 1 light string cheese (60)	• Turkey Fiesta Salad (300) *Extra: 20 grapes (40)	• Steak and Veg • Fruit (280) *Extra: 1 slice avo, 1 slice tomato, 1 Wasa cracker (70)
SNACK				• 100-calorie pack of microwave popcorn (100)			
Calorie Total	*1240 + extra: 1310*	*1280 + extra: 1360*	*1225 + extra: 1325*	*1375*	*1300 + extra: 1360*	*1250 + extra: 1265*	*1275 + extra: 1345*

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACK				• 1 peach or medium apple • ½ cup low-fat cottage cheese (140)			
BREAKFAST	• Egg 'n' toast • fruit (320)	• Fruit and crunch yogurt (220)	• Egg white omelet • fruit and toast (260)	• Pita egg sandwich (330)	• Smoothie (300)	• Peanut butter & raisin oatmeal (285)	• Eggs and Oatmeal (310)
SNACK	• 22 almonds (160)	• 1 medium apple • 2 tbsp reduced fat peanut butter (245)	• ¼ cup raw cashews • 4 celery sticks • 4 carrot sticks (210)		• 1 medium plum • 1 piece light sting cheese (100)	• 1 peach or medium apple • ½ cup low-fat cottage cheese (140)	• 22 whole, dry roasted or raw almonds (160)
LUNCH	• Chicken rice bowl (300)	• Chef salad • roll (300)	• Pasta Marinara (360)	• Burger • salad (350)	• Burrito • fruit (350)	• Chicken or beef kabob with rice and salad (350)	• Tuna salad • ½ baked yam (330)
SNACK	• ½ cup sliced berries • ½ cup plain light yogurt (130)	• 14 baby carrots • ¼ cup hummus (160)	• 1 Balance Bar (200)	• ½ cup fat-free cottage cheese • 1 tbsp sugar free jam • ½ cup bran cereal (140)	• 6 celery stalks • 2 tbsp reduced fat peanut butter (190)	• 2 hardboiled eggs (160)	• 14 baby carrots • ¼ cup hummus (160)
DINNER	• Fish and Veg (290) *Extra: 1 medium fruit (80)	• Chicken and Veg • fruit (220) *extra: 1 slice avocado, 1 slice tomato, 1 wasa cracker (70)	• Cajun Shrimp • veg and fruit (320) *extra: 1 light string cheese (60)	• Salmon salad (240) *Extra: 6 oz plain yogurt with two strawberries (100)	• Stir fry (270)	• Turkey fiesta salad (290) *Extra: 20 grapes (40)	• Cajun Shrimp • veg and fruit (320) *Extra: 1 slice avocado, 1 slice tomato, 1 Wasa cracker (70)
SNACK		• 100-calorie pack of microwave popcorn (100)			• ½ cup edamame (120)		
Calorie Total	*1200 + extra: 1280*	*1254 + extra: 1315*	*1350 + extra: 1410*	*1200 + extra: 1300*	*1300*	*1225 + extra: 1265*	*1330 + extra:1390*

SAMPLE MEALS

***Note:** calorie totals are approximate within 10-20 calories per meal.

BREAKFAST

Eggs 'n' toast + fruit:
- 4 egg whites
- 1 yolk
- 1 slice whole grain toast with 1 tsp sugar free jam
- 1 apple (320)

Raisin Oatmeal:
- 1 cup cooked oatmeal
- 1 cup skim milk
- 1 mini-box raisins (270 cal)

Egg white omelet:
- 5 whites
- ½ cup of chopped spinach, mushrooms, peppers of other veggies of choice
- 1 cup sliced berries
- 1 slice whole wheat toast (260)

Peanut butter and raisin oatmeal:
- 1 cup cooked oatmeal
- 1 tbsp reduced fat peanut butter
- 2 mini boxes raisins (285)

Pita egg sandwich:
- 4 egg whites
- 1 Morningstar breakfast patty
- 1 slice fat-free cheddarcheese
- ¼ cup salsa
- 1 whole wheat pita (330)

Fruit and crunch yogurt:
- ½ cup Kashi Go-Lean cereal
- ½ cup blueberries
- 4 oz Light plain sugar-free yogurt (220)

Cereal + fruit:
- ½ banana
- 1 cup bran flakes
- 1 cup low-fat or skim milk (285)

Grapefruit and cheese:
- ½ grapefruit
- 1 cup low-fat cottage cheese (200)

Eggs and oatmeal:
- 5 egg whites
- 1 cup cooked oatmeal
- ½ cup low-fat milk (310)

Smoothie:
- 1 cup low fat milk + 1 scoop protein powder + 1 cup frozen berries (300)

LUNCH

Burrito meal:
- 1 small whole wheat tortilla, ¼ cup salsa
- 1 slice fat-free cheese
- 3 oz chicken or steak
- 1 small apple (350)

Pita lunch Sandwich + fruit:
- 1 whole wheat pita (small)
- 4 oz deli low-sodium ham, turkey, or lean roast beef
- 1 oz avocado
- lettuce, tomato, mustard
- 1 small peach (360)

Tuna salad + yam:
- 1 small can water packed tuna (5 oz)
- 1 tbsp low-fat mayo
- ¼ cup chopped celery
- large green salad with lettuce tomatoes, cucumbers, red peppers
- ½ baked yam (320)

Chicken rice bowl:
- 3 oz grilled chicken
- ½ cup cooked brown rice
- 1 cup steamed veggies
- 2 tbsp low-fat dressing (300)

Chicken or beef kabob + rice & salad:
- 3 oz chicken
- cherry tomatoes
- whole mushrooms on a skewer
- ½ cup cooked brown rice
- 1 cup salad
- 1 tbsp low-fat dressing (350)

Burger + salad:
- 4 oz extra lean ground turkey or beef
- 1 whole wheat hamburger bun
- 1 slice fat-free cheddar cheese
- 1 cup salad greens
- 1 tbsp low-fat dressing (350)

Pasta marinara:
- ½ cup cooked whole wheat pasta
- 1 cup steamed spinach
- 3 oz chicken or 5 oz shrimp
- ½ cup marinara sauce (350)

Chef salad + roll:
- 2 oz fat-free turkey breast
- 2 oz extra lean low-sodium ham
- 1 oz avocado
- 1 oz fat-free mozzarella
- 2 cups lettuce, tomato, cucumber
- 2 tbsp low-fat ranch dressing
- 1 whole wheat roll or 2 whole grain Wasa crackers (300)

DINNER

Chicken and veg + fruit:
- 3 oz chicken breast
- 1 cup green beans
- 1 cup salad
- 1 tbsp low-fat dressing
- 1 medium fruit (apple, orange) (220)

Fish and veg:
- 6 oz baked or broiled fish (salmon, halibut, cod)
- 1 cup steamed veggies
- 1 cup salad
- 1 tbsp low-fat dressing (290)

Spaghetti squash and meat sauce + veg:
- 4 oz cooked lean ground turkey or beef
- 1 cup cooked spaghetti squash
- ½ cup marinara sauce
- 1 cup steamed veggies (280)

Salmon salad:
- 6 oz grilled salmon
- 2 cups salad greens
- 1 tbsp light dressing (240)

Turkey fiesta salad:
- 2 oz ground turkey
- ¼ cup beans
- 1 oz low-fat cheese
- 2 tsp picante sauce
- 2 cups salad greens (300)

Stir fry:
- 3 oz chicken or steak sauteed in wok with 2 cups veggies of choice
- 1 clove diced garlic
- 1 tsp fresh ginger, chopped
- 1 tsp low-sodium soy sauce
- 1 tbsp olive oil (270)

Steak and veg + fruit:
- 3 oz flank steak
- 1 cup steamed veggies
- 1 cup salad
- 2 tbsp low-fat dressing
- 1 medium apple (280)

Cajun shrimp + veg and fruit:
- 8-10 medium shrimp cooked in 1 tbsp olive oil
- Cajun seasoning
- lemon juice
- garlic
- 2 cups steamed veggies
- 1 cup blueberries (320)

White fish + veg:
- 5 oz pan-seared white fish of choice
- 1 cup steamed veggies
- 1 tbsp olive oil (320)

SNACKS

- 1 medium apple
- 2 tbsp reduced fat peanut butter (245)
- 6 celery stalks
- 2 tbsp reduced fat peanut butter (190)
- 22 whole, dry roasted or raw almonds (160)
- 1 medium plum
- 1 piece light string cheese (100)
- ½ cup fat-free cottage cheese
- 1 tbsp sugar free jam
- ½ cup bran cereal (140)
- 2 whole grain Wasa cracker
- 2 wedges Laughing Cow cheese
- tomato (170)
- ½ cup sliced berries
- ½ cup light yogurt, plain (130)
- 1 peach or medium apple
- ½ cup low-fat cottage cheese (140)
- ¼ cup raw cashews
- 4 celery sticks
- 4 carrot sticks (210)
- 14 baby carrots
- ¼ cup hummus (160)
- 2 hardboiled eggs (160)
- ½ cup edamame (120)
- 100-calorie pack of microwave popcorn (100)
- 1 Balance Bar (200)

EXTRAS

- 1 slice avocado
- 1 slice tomato
- 1 whole grain Wasa cracker (70)
- 6 oz light yogurt, plain, with two sliced strawberries (100)
- 1 tbsp reduced fat peanut butter (85)
- 11 raw almonds (80)
- 3 slices deli turkey with mustard (50)
- 1 medium fruit (banana, apple, orange) (80)
- 20 grapes (40)
- 1 light string cheese (60)
- ½ cup blueberries (40)
- 5 baby carrots dipped in 1 tbsp light ranch dressing (60)

THANE Fitness®

THE 4-WEEK FAT-LOSS DIET PLAN

CALORIE CONTROL

Each day, eat between 1200-1500 calories. Don't go below 1200 calories a day, or you risk body rebellion! Your body perceives this caloric deficit as 'starvation,' and immediately goes into calorie hoarding mode, storing any and all calories you take in as fat, even the good ones! This is exactly the opposite of what you're trying to do. To encourage your body to release fat as fuel and elevate your metabolism, eat each of your meals and snacks at regular intervals throughout the day. Generally you'll eat something every 3-4 hours. Here's how an eating schedule might look on any given day:

The 3 MINUTE LEGS™ 4-Week Kick-Start Diet Plan

Want to kick-start your weight loss right now? Then this 4-Week Kick-Start Diet Plan is your meal ticket to success. Using the foods on your suggested shopping list, follow this meal plan for the first month of your program; after the first month, add in a few more calories to maintain your healthy weight. Here's how it breaks down:

- Each day, choose one meal each from the Breakfast, Lunch and Dinner lists.
- Each day, choose 1-3 snacks from the Snack list.
- Plan to eat a meal or snack every 3-4 hours during the day.
- On days when you don't have an after-dinner snack, wait 30 minutes. If you're still legitimately hungry, add an Extra into your plan. They are indicated in your sample schedule with a "*Refer to Snacks listed*".
- Add the calories together and make sure they total between 1200-1400 a day.
- For optimal four-week fat-loss, eat starchy carbs (bread, tortilla, rice, potato) before 3 PM and stick to veggies and occasional small fruits after that.
- Drink at least 1/2 gallon (8-12 glasses) of water a day.
- If you don't like a particular item in a suggested meal, sub it with something from the same food genre. For example: you hate celery. Have sliced raw red peppers instead. Beef is not your friend? Sub in pork or shrimp.
- The Sample 4-Week Kick-Start Diet Schedule is only an example. You may change items around as you wish, so long as your calorie total stays between 1200-1400 a day.

This diet plan was created for an average women's body size, for men, the diet plan would need to be adjusted accordingly for their body type.

Food preparation notes:

- Cook all your egg whites and pan-seared items in a non-stick skillet coated with non-fat cooking spray.
- Cook all vegetables in a steamer or eat them raw.
- Unless otherwise specified, make your rice, oatmeal, smoothies and other need-to-prepare dishes with water, not milk or juice.
- Cook in bulk and portion your food out in baggies or containers for convenience.

Meal	Time
Breakfast	7 AM
Snack	10 AM
Lunch	1 PM
Snack	4 PM
Dinner	7PM

Fast Fact:

Some days you might be hungrier than others; this is fine. Hunger is a sign that your metabolism is working! Have another snack between meals or add a little more to your plate during meal times without going overboard. Remember: you want to create a caloric deficit, but not so much that you shut down your system.

Beyond Four Weeks

Remember: this 4-Week Kick-Start Diet Program is only to be used for your first month to kick-start your fat-loss process. After four weeks, incorporate 100-200 calories more into your daily plan, bringing your calorie totals to between 1400-1500 calories. This will encourage lasting, effective fat loss of 1-2 pounds a week while giving your body the fuel it needs to train hard and be fit.

THE 4-WEEK FAT-LOSS DIET PLAN

SUGGESTED SHOPPING LIST

Meat, Fish and poultry

- Skinless chicken breasts
- 99% fat-free ground turkey
- Lean beef filets
- Lean pork chops
- Chunk white low-sodium tuna in water
- Fresh fish (Salmon, snapper, halibut, flounder, albacore)
- Shellfish (Shrimp, scallops, crab)
- Low-sodium, low-fat deli sliced turkey, ham, roast beef

Dairy

- Laughing Cow cheese wedges
- Low- or no-fat cheese
- Skim milk
- Low- or no-fat string cheese
- Light yogurt, plain
- Low- or no-fat cottage cheese
- Eggs or packaged egg whites

Fruits and vegetables

- Broccoli
- Asparagus
- Tomatoes
- Cucumbers
- Lettuce
- Peppers (red, green, yellow)
- Avocado
- Onion
- Sweet potatoes
- Green beans
- Apples
- Berries
- Spaghetti squash
- Carrots
- Zucchini
- Yams
- Spinach
- Mushrooms
- Lemons

Dry goods

- Wild or brown rice
- Beans (canned or dried)
- Whole wheat bread products
- Wasa whole grain crackers
- Dry oatmeal (plain)
- Kashi-Go-Lean cereal
- All natural bran cereal
- Whole wheat pasta
- Raw nuts
- Olive oil
- Fresh ground or reduced fat peanut butter
- Low sugar or sugar free jams and spreads
- Non-fat cooking spray

Spices, dressing and condiments

- Balsamic vinegar
- Fat free or light salad dressing
- Extra virgin olive oil
- Garlic powder
- Tabasco sauce
- Mustard
- Non-fat or light mayonnaise
- Low-sodium soy sauce
- Ground pepper
- Mrs. Dash spice blends
- Mrs. Dash 10-minute marinades

The Plate Plan

Portion control can be a tricky thing to figure out, especially in our society of super-sized everything. To determine proper portions of protein, carbs, and fats, use the Plate Plan.
Imagine a plate. Then - Fill ¼ of it with protein. Your protein should be about the size of a deck of cards or the palm of your hand.
Fill ¼ of it with starchy carbs. This amounts to about 1 cup of cooked oatmeal, 1 medium fruit, or one slice of whole wheat bread.
Fill ½ of it with veggies. This amounts to about 1 cup of broccoli or 2 cups of salad greens.
On the side of your plate, imagine a large spoon. Then - Fill that with dietary fat. This is about 2 tbsp of reduced fat peanut butter or a golf ball sized scoop of avocado.

Meal Planning

Break your daily food intake into three meals and two snacks daily. It might sound like a lot, but think of your body as a fireplace: you want to keep the fire (your metabolism) burning all day long. In order to do that, you've got to keep throwing logs (food) onto the fire. By spreading your meals out during the day, you'll keep this fire burning hot, elevating your metabolism and burning tons of fat over the long term. You'll also never 'crash, and feel like you're starving. Prepare your food ahead of time and pack it in a small cooler to carry with you to work, on a hike, or to the kids' soccer games to avoid the lure of the drive-thru window.

This diet plan was created for an average women's body size. For men, the diet plan would need to be adjusted accordingly for their body type.

THE 4-WEEK FAT-LOSS DIET PLAN

Proper nutrition is essential for a healthy, fit body. With that in mind, we've developed the 4-Week 3 MINUTE LEGS™ Fat-Loss Diet Plan just for you! Follow it and you're guaranteed to see a difference in your physical body and energy level!

Back to Basics

In order to understand nutrition, you've got to first understand protein, carbohydrates, and fats.

Protein

Protein is the most important element in your diet plan. It provides amino acids that build muscle, grow hair and nails, and create hormones and enzymes.
Having a protein with every meal provides these essential 'building blocks,' as well as slowing the movement of food in the gastrointestinal tract, keeping you fuller longer. Good protein options include lean beef filets, extra lean ground turkey, skinless chicken breasts, egg whites, low-fat tofu, and no-fat cottage cheese.

Carbohydrates

Now hear this: carbohydrates are not bad for you! In fact, they are essential to good health and are the number one source of energy used by the body to fuel metabolism, physical activity and daily bodily functions. But not all carbs are created equal: Simple carbs are broken down quickly in the body and are to be eaten sparingly. These include things like mashed potatoes, chips, cola, crackers, white bread, and fruit juice. Complex carbs contain tons of fiber and take a long time to break down in the body, keeping you fuller longer and making your meals more satisfying. These include things like yams, brown rice, oatmeal, green vegetables, beans, and whole fruits.

Fat

Dietary fat and body fat are not the same things, (though you could swear you see that peanut butter cup pop up on your thighs an hour after eating it!)
Dietary fat is broken down into fatty acids, which provide energy while supporting things like your nervous and endocrine systems. However, not all fats are created equal, either. Saturated and trans fats have been linked to heart disease and some cancers, so eat foods that contain these fats sparingly, such as processed packaged desserts, fatty meats, deep fried foods and chips. Instead, choose heart-healthy, all natural fats to ensure a healthy body and high energy, such as avocado, raw nuts, olive oil, and fish oil.

Water

Did you know that your body is made up of more than 60% water? Water helps with digestion, decreases your appetite, rids your cells of toxins and wastes, and extracts nutrients from your foods. You lose water through perspiration, breathing, urinating, and other bodily functions, and this loss must be replenished often. Because water cannot be manufactured by the body, it must be ingested in the form of beverages or watery foods like fruits and vegetables. Drink at least 8-12 full glasses of water a day, more if possible, and eat plenty of fresh fruits and veggies to keep yourself properly hydrated.

Go decaf!

Caffeinated coffee, tea, and soda have a diuretic effect on the body, and could be counteracting your hydrating efforts. Switch to decaf, or limit your caffeinated beverages to one per day for the best results.

Fun fact:

*Drink more to retain less!
If you're feeling bloated, drink water! It sounds backwards but consider this: Water helps flush sodium from your system, the element most responsible for water retention and bloating.*

BEFORE YOU BEGIN

Before beginning your workout program, please read through these guidelines

- Wear comfortable, supportive clothing and undergarments that are not too baggy. Baggy clothes can bunch and chafe, and can even get in the way of your workout.
- For a women, a sports bra is a must, especially if you're well-endowed, to support your breast and make your workouts more comfortable.
- Always warm up for 5-10 minutes by walking around the block, marching in place, or going up and down your stairs a few times. Warm ups prepare your body to perform and help prevent injury.
- Always cool down and stretch for 5-10 minutes after your workout. This allows your body to return to normal while improving flexibility and decreasing muscle soreness and tension.
- If at any time you feel sick, dizzy, or faint, stop exercising immediately. Walk around slowly or sit upright in a chair until you feel better. Once recovered, have some fluids and rest. If this pattern continues, consult your physician.
- Smile and have fun! Nothing promotes success better than a positive attitude. So gear up with your best grin and get to it!

SAMPLE WORKOUTS

Now that you've got your machine fully assembled, place it on a hard, flat surface, such as, kitchen linoleum, or concrete slab - wherever the wheels can roll freely.
It is recommended that you use an optional 3 MINUTE LEGS™ Floor Mat to keep the machine stable, ensure free-flowing motion of the 3 MINUTE LEGS™ wheels and protect flooring.

Soft surfaces such as plus carpet, grass, or dirt, are not recommended as they hinder the patented free-flowing motion of the machine legs.

Important: The 3 MINUTE LEGS™ machine should not be pushed across delicate floor coverings (laminate, parquet, plush carpet, etc.) in order to avoid damage. If you are not using the 3 MINUTE LEGS™ Floor Mat (optional item) it is required that you check the use instructions of the floor manufacturer to ensure suitability and durability of the floor surface for the pressure caused by rotating wheels of the 3 MINUTE LEGS™ machine.

Thane Direct and its subsidiaries assume no liability for damage caused by use of the 3 MINUTE LEGS™ machine on floor surfaces which are not suitable for use of such fitness equipment.

IT'S TIME FOR A TEST RUN!

Testing, Testing

Make sure your 3 MINUTE LEGS™ machine is properly adjusted for you (see instructions) under assembly section (page6-8). Straddle your machine, standing with both feet flat on the floor, toes pointing straight forward. Place your hands on your hips.

DO NOT SIT ON THE MACHINE. Instead, imagine you are just going to lightly touch your rear end to the edge of a chair behind you without sitting on it fully.
Kick your hips back, then bend your knees and squat straight down toward the ground. Keep your chest lifted and your shoulders back. Your knees should track over your toes and your heels should stay in contact with the floor at all times.
As you squat, lower your weight onto the 3 MINUTE LEGS™ machine without sitting back onto it. The machine legs should move smoothly in opposite directions, to the front and back of you, as you squat deeper.
Squat as low as you comfortably can, or as low as your Depth Control Cable setting allows, then smoothly reverse the move, straightening your legs and standing back up to a fully extended, but not locked, position at the top.

CONGRATULATIONS!

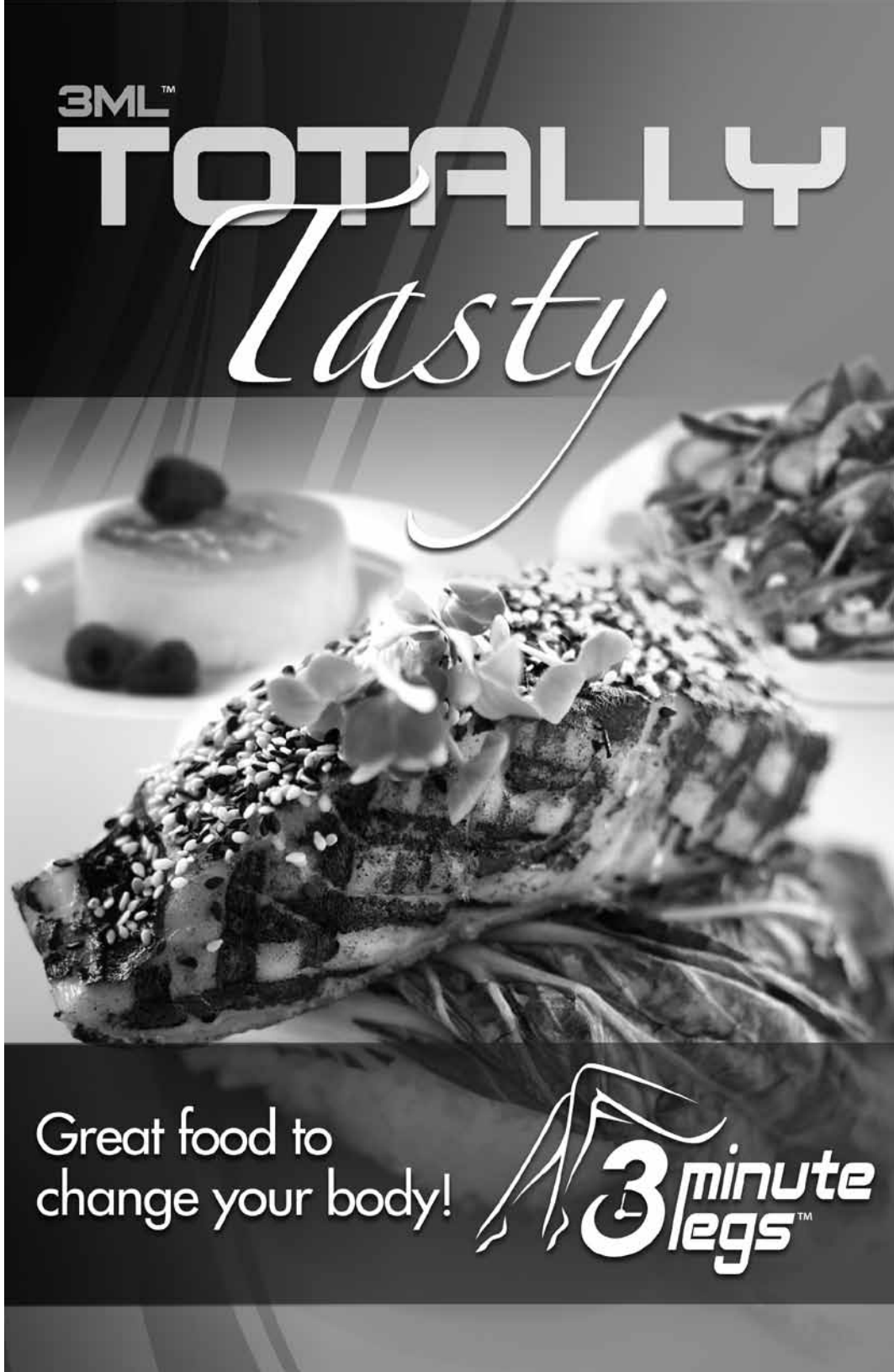
You just did your first squat! Try a few more and see how they feel. Heck, do your first three-minute workout while you're at it - why not?

Why squat?

The squat is often called "The King of Exercises," and with good reason. When you squat, you incorporate all the muscles of your lower body – thighs, glutes, calves and hips. These muscles make up about a third of your bodyweight, and are some of the biggest in your body. The 3 MINUTE LEGS™ program makes squats the mainstay of your three-minute workouts, since squatting gives you the most bang for your workout buck. So now when someone tells you "you don't know squat," you can say – Yes I do!

Troubleshooting

- ***One machine leg moves but the other one doesn't.*** *You are either leaning/sitting too far forward or too far back. Center your weight between your feet and directly over the machine seat and try again.*
- ***I can't make the machine legs move smoothly. You might be on a poor rolling surface.*** *Make sure you're on concrete, wood, linoleum or pavement and try again.*
- ***The machine stops short of my lowest capable depth.*** *Your Depth Control Cable is set too low. Adjust it higher on the machine and try again.*
- ***I have trouble standing back up to the start from a squatting position.*** *Your Depth Control is set too deep. Set your Depth Control Cable to the lowest position and try again.*
- ***I have to squat at least 3-4 inches before I hit the seat.*** *The legs of your 3 Minute Legs™ machine are too short.*
  Make them longer and try again.



STRETCHES

After every workout, do these stretches to increase flexibility and improve fitness.
For the best results, hold each stretch for 30-60 seconds.

Calves:
Stand in a wide lunge with your back knee straight and your front knee slightly bent. Press your rear heel toward the floor and hold.
Repeat on other side.

Quadriceps:
Stand with your feet hip-width apart and bend your right knee to bring your heel toward your buttocks. Grasp your foot with your right hand and hold. Knee should point straight toward the floor, hips pressing slightly forward.
Repeat on other side.

Back/hamstrings:
Stand with your feet double shoulder-width apart, toes forward, and slowly roll down toward the floor. Allow your upper body to hang freely, focusing on relaxing your head, shoulders, back and legs.

Shoulders:
Bring your left arm (straight) across your body at chest height and grab your left forearm with your right hand and hold.
Repeat on other side.

Triceps:
Bring your left arm straight up by your head and bend your elbow, reaching your left fingers down the center of your back.
Grasp your left elbow with your right hand and pull gently toward the right side.
Repeat on other side.

Chest/biceps:
Reach both arms behind you and lock your fingers together. Reach behind and slightly upward. Hold here and breathe.

Hamstrings:
Sit on the floor with your right leg extended straight out, foot flexed. Bend your left knee and place the sole of your shoe on the inside of your right thigh. Reach forward over your right leg and hold.
Repeat on the other side.

Inner thighs/hips:
Sit with the soles of your feet together, knees splayed outward. Hold your feet with both hands and fold forward over your shoes.

Glutes:
Lie on the floor with your knees bent. Cross your right ankle over your left knee and hold. If you're more flexible, lift both legs off the floor and pull them in toward your chest with your hands.

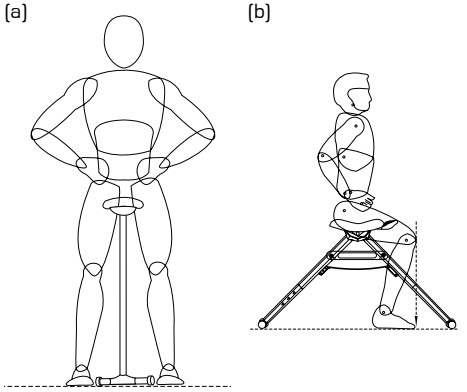
Spinal twist:
Lie on the floor. Bend one knee and bring it in to your chest. Pull that same knee across your body to the side, extending your opposite arm and head away the opposite direction. Hold and breathe.
Repeat on the other side.

SAMPLE WORKOUTS

Standard Squat and Variations
There are tons of ways to use your 3 MINUTE LEGS™ machine. Try these variations to progress faster and prevent boredom:

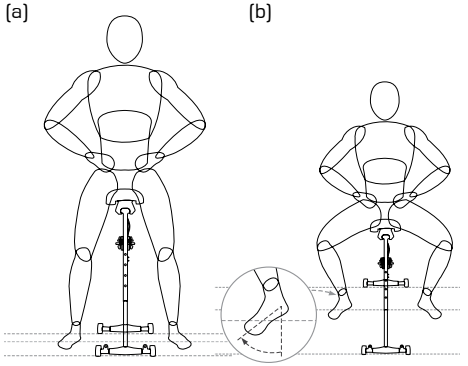
Standard squat
Stand over the seat of your 3 MINUTE LEGS™ machine with your feet shoulder-width apart, toes forward. Place both hands on your hips and stand up tall [a]. Kick your hips back and bend your knees, squatting toward the floor while keeping your shoulders back and your chest lifted. Your knees should track over your toes and your heels should stay in contact with the floor at all times [b].
When you've come as low as you comfortably can, reverse the move and stand back up to the start in a fully extended, but not locked, position.

(a) (b)



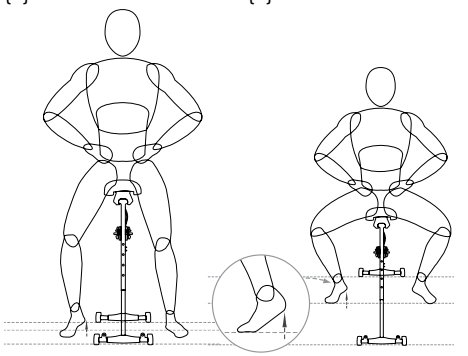
Plié squat
Stand over the seat of your 3 MINUTE LEGS™ machine with your feet wider than shoulder-width apart, toes and knees turned out on a diagonal like a ballet dancer. Place your hands on your hips and stand up tall [a]. Bend both knees and squat down, tracking your knees diagonally over your toes and keeping your chest lifted [b]. When your thighs come parallel to the floor or you've come as low as you comfortably can, reverse the move and stand back up to a fully extended, but not locked, position at the top.

(a) (b)



Plié with heel lift
Stand over the seat of your 3 MINUTE LEGS™ machine with your feet wider than shoulder-width apart, toes and knees pointed out on the diagonal, hands on your hips. Lift your right heel off the floor [a]. Do a plié squat with one heel lifted [b].
Return to the start and replace foot flat on the ground. Continue, alternating sides.

(a) (b)



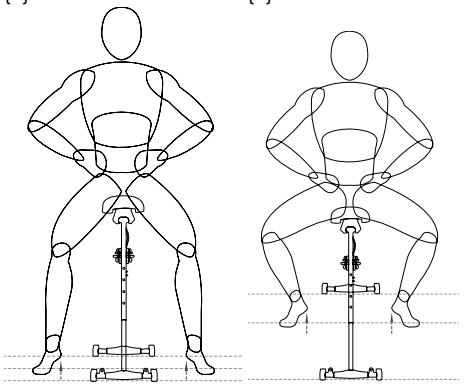
⚠ WARNING
Do NOT sit on the 3 MINUTE LEGS™, do NOT use as a stool.

SAMPLE WORKOUTS

Hindu squat

Stand over the seat of your 3 MINUTE LEGS™ machine with your feet wider than shoulder-width apart, toes and knees pointed out on the diagonal. Lift both heels off the floor [a], and perform a plié squat [b]. Return to the start and replace heels to the floor. Lift again and repeat.

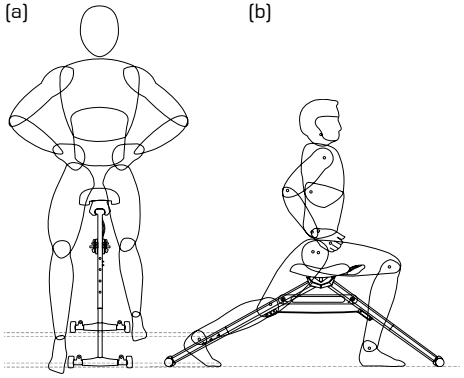
(a) (b)



Lunges

Stand over the seat of your 3 MINUTE LEGS™ machine and place your right foot flat on the floor by the front wheels. Extend your left leg behind you by the back wheels up on your toes. Center your weight over the machine and place your hands on your hips [a]. Bend both knees and lower straight down toward the ground, making sure your right knee does not pass your right toes. When your front thigh comes nearly parallel to the floor [b], reverse the move, straightening your legs and coming back up to a fully extended, but not locked, position at the top.

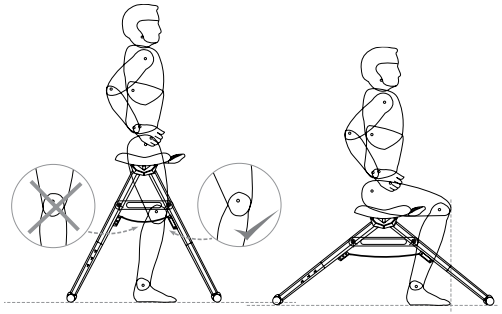
(a) (b)



No Lock-Knee Monsters!

Using complete range of motion is very important when doing exercises such as squats and lunges. Stopping short at the top or bottom of a move won't give you the full benefit of the exercise. For each and every rep, come to a completely extended position at the top without locking your knees. Maintain a very slight bend in your knees without locking them back, which could hyperextend your joints, ligaments and tendons, and put you at risk for injury. Check out your form in a mirror and compare it with these photos. How do you look? You should always look like Photo [a].

(a) (b)



THE 4-WEEK TOTAL BODY TRANSFORMATION WORKOUT PLAN

WEEKS 1-2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 MINUTE LEGS™ + (optional upper body workout) + 30 minute walk	3 MINUTE LEGS™	3 MINUTE LEGS™ 45 minute walk	Off	3 MINUTE LEGS™ + (optional upper body workout) + 30 minute walk	45 minute walk	3 MINUTE LEGS™

WEEKS 3-4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 MINUTE LEGS™ + 45 minute walk	3 MINUTE LEGS™ + 30 minute walk	60 minute walk	3 MINUTE LEGS™ + (optional upper body workout)	3 MINUTE LEGS™	45 minute walk	Off

RPE SCALE

The RPE (Rate of Perceived Exertion) scale is a good way to determine how hard you're working. While you're exercising, check with yourself and see what level you're at. For your cardio workouts, you should rate at about 5-6. For your strength workouts, 4-5.

Level	Effort Level
0	Nothing at all
1 - 2	Very easy; can converse with no effort
3	Easy; can converse with almost no effort
4	Moderately easy; can converse with little effort
5	Moderate; conversation requires some effort
6	Moderately hard; conversation requires quite a bit of effort
7	Difficult; conversation requires quite a lot of effort
8	Very difficult; conversation requires maximum effort
9 - 10	Peak effort; no talking zone!

THE 4-WEEK TOTAL BODY TRANSFORMATION PLAN

Now that you've gotten the hang of your 3 MINUTE LEGS™ machine it's time to talk turkey: Your best results come with a combination of resistance training, cardiovascular work, and proper nutrition. In order to get the body of your dreams, these three things all need to come into play.

Resistance training

Whether you know it or not, you've already done some resistance training - when you did your test-run on your 3 MINUTE LEGS™ machine! Wasn't so bad, right?
Resistance – or 'strength' - training gives your muscles shape and tone while increasing bone density, helping prevent - and even in some cases reverse – osteoporosis! Regular weight training elevates your metabolism, lowers blood pressure, increases circulation, and encourages fat loss.

Cardiovascular activity

Cardiovascular activity is anything that elevates your heart rate and keeps it there for a set duration of time. Cardio burns tons of calories, strengthens your heart and lungs, and gives you that 'exercise high' by releasing endorphins into your brain. Go outside for a walk, hike in the hills by your house, or take a swim in the pool and you're doing cardio!

Flexibility

This is probably the most often overlooked part of fitness, but is no less important than resistance training and cardio. Good flexibility means better range of motion in all your joints and limbs, and often translates to decreased pain, especially in the lower back, shoulders and neck. After every workout, stretch the major muscles used to improve flexibility while also relieving muscle stiffness and tightness associated with working out hard. For a great list of stretches, check out page (22).

Your workouts

Every week you should do a combination of resistance training, cardio and flexibility for the best results possible. Here's how it all maps out:

1) Do your 3 MINUTE LEGS™ machine workout 5-6 days a week to slim and trim those typical trouble areas fast! If you're super motivated you can even do it twice a day!

2) Those who want total body fitness and faster results should use the optional 3ML Sculpting Band™ Attachments to do a battery of additional exercises that work the back, chest, shoulders, biceps, triceps and abs. Work your upper body 1-3 days per week. Do one set of 10-12 repetitions of each exercise listed on page (19) to begin. As you get stronger, do two sets of each exercise, and increase your repetitions to 12-15.

3) Do 30-60 minutes of cardiovascular activity 3-5 days a week to burn body fat, dropping dress sizes and revealing the muscles you've been working so hard to develop with your 3 MINUTE LEGS™ machine!

4) After every workout, spend 5-10 minutes stretching the large muscles of the legs, back, chest, and arms to increase flexibility. Use the stretches on (22) for guidance.

5) Take at least one full day off from exercise every week to allow your body to recover completely from training.

Burning Question: If I lift weights will I look like a man?

Definitely not. Women simply don't have enough male hormones to develop big muscles like men. Instead, resistance training gives you the 'tone' and shape you desire in your legs, arms, abs, back and chest.

Creative cardio ideas:

- *Walk or run with your dog*
- *Play touch football with your kids*
- *Go cross-country skiing*
- *Power walk along the beach*
- *Walk up and down the stairs in your apartment or office building*
- *Take a group fitness class*
- *Go dancing all night with your girlfriends or your honey*
- *Swim a few laps at your local pool or lake*

SAMPLE WORKOUTS

Intensify It

As you get stronger and want more of a challenge, add a few of these intensifiers to your workout:

- Pulsing: While squatting or lunging, lower down to the bottommost position and pulse up and down in a 1-2 inch range of motion.
- Holding: While squatting or lunging, lower to the bottom position and hold, contracting your muscles, breathing deeply and maintaining proper form and position for as long as you can.
- Arm positioning: Reach both arms out to the sides, forward or overhead to challenge your balance as well as your core and upper body strength.

Three Sample Three-Minute Workouts

Sure, you can do three straight minutes of squats or lunges on your 3 MINUTE LEGS™ machine, but if you want to get creative, check out these sample plans:

WORKOUT # 1

1 minute:
Standard Squat – hands on hips
1 minute:
Squat Pulse – arms to sides
1 minute:
Plie Squats – arms to sides

WORKOUT #2

1 minute Plie Squat
30 seconds:
Plie Squat with Heel Lifts (alternating sides) – hands on hips
30 seconds:
Hindu Squat – arms to sides
30 seconds:
Standard Squat – hands on hips
30 seconds:
Standard Squat and Hold – arms overhead

WORKOUT #3

1 minute:
Lunges – right leg forward – hands on hips
1 minute:
Lunges – left leg forward – hands on hips
30 seconds:
Standard Squat – arms out to sides
30 seconds:
Plie Squat – arms overhead

Added Bonus: flexibility!

Not only does the 3 MINUTE LEGS™ machine tone and sculpt your legs, hips and glutes, it also helps increase flexibility. Have tight hips, knees or ankles? As you work with your machine, you'll develop an improved range of motion through all the joints in your lower body and even some in your lower back as well!

Burning question: What if a move hurts my knee (or ankle, or hips)?

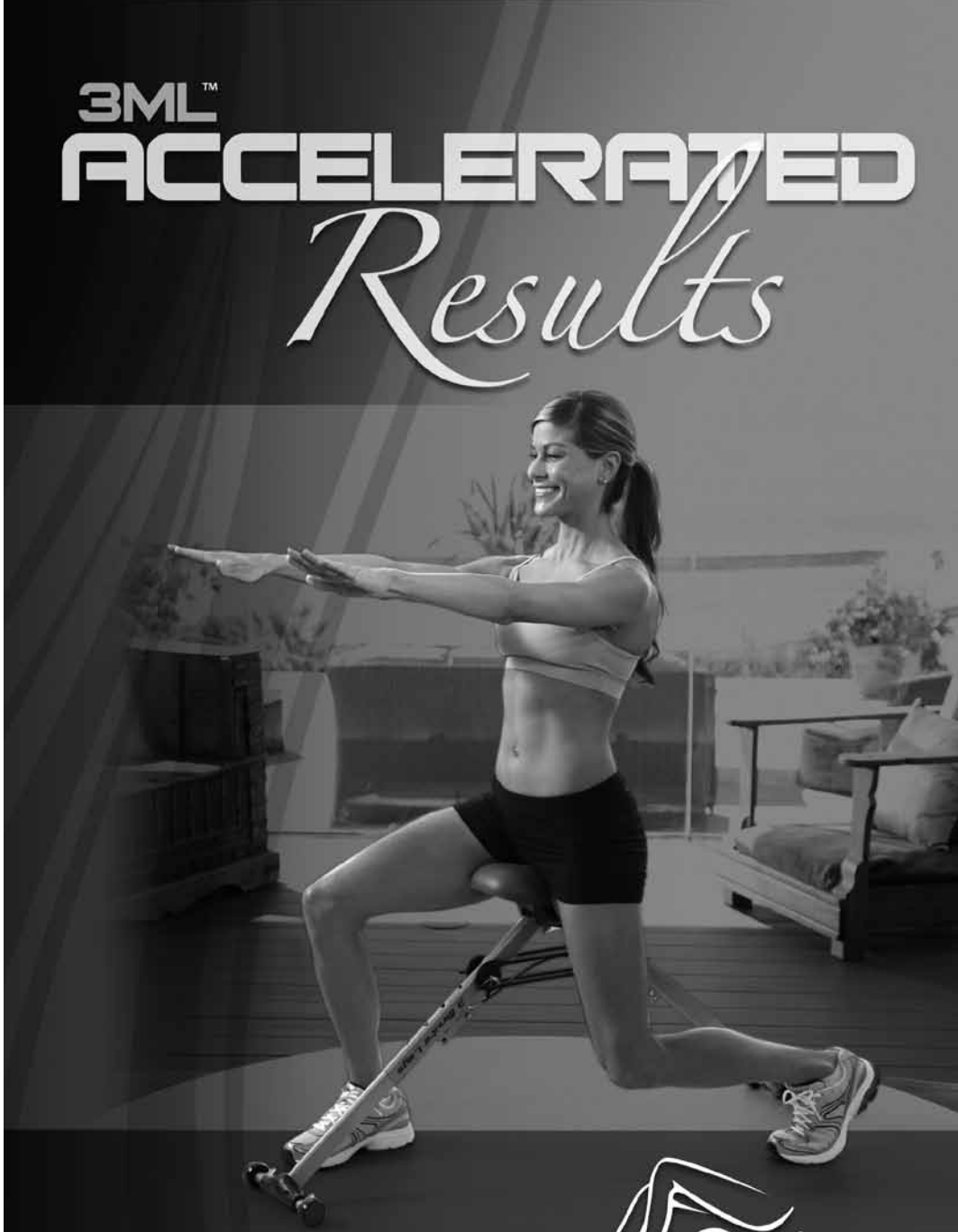
First of all, make sure your machine is set properly for you. Secondly, make sure you are doing the move correctly. Check your form in a mirror to see if your position matches the photographed examples in this guidebook.
If everything is copasetic with #1 and #2, then perhaps the move does not jive with your personal physiology, especially if you've had surgery, need surgery, or are severely deconditioned. Try the move variations and see if one particular thing works better for you than others. When you find moves that give you a good workout without pain, stick to those, but don't rule out the other moves completely - every now and again try them out. You might find with a little strengthening, you're able to do them after all!

Creative ways to use your 3 MINUTE LEGS™ machine

- *Hop onto your 3 MINUTE LEGS™ machine during commercials while watching your favorite shows.*
- *Place your 3 MINUTE LEGS™ machine in the hallway. Every time you walk down the hall, pause and do a minute of squats or lunges.*
- *Bring your 3 MINUTE LEGS™ machine to the office. Work on it during conference calls or before a stressful meeting to blow off some steam.*
- *Get up five minutes earlier and work out before showering in the morning.*
- *Use 3 MINUTE LEGS™ while brushing your teeth.*
- *While your three-minute egg is cooking, do your 3 MINUTE LEGS™ workout.*

THANE Fitness®

3ML™ ACCELERATED Results



Giving you a Leg Up!

3minute legs™